

WHAT IS CLAIMED IS:

1. A dietary supplement for humans or domestic animals, comprising in combination:

a dried seaweed selected from the group consisting of Red seaweed (*Rhodophyceae*) of the *Solieriaceae*, *Gigartinaceae*, *Furcellariaceae*, *Phyllophoraceae*, *Hypneaceae*, *Rhabdoniaceae* and *Rhodophyllidaceae* families and irish moss (*chondrus crispus*) in a measured amount comprising a daily dose, and

psyllium (*plantago ovata*, *plantago psyllium*) in a measured amount comprising a daily dose.

2. A dietary supplement in accordance with Claim 1 where the measured amount comprising a daily dose of sea weed is 58 mg to 4.6 g, and where the measured amount comprising a daily dose of psyllium is 250 mg to 24 g.

3. A dietary supplement in accordance with Claim 2 where the sea weed is irish moss.

4. A dietary supplement in accordance with Claim 2 where the measured amount comprising a daily dose of sea weed is 145 mg to 2.32 g, and where the measured amount comprising a daily dose of psyllium is 250 mg to 16 g.

5. A dietary supplement in accordance with Claim 4 where the sea weed is irish moss.

6. A dietary supplement in accordance with Claim 2 where the measured amount comprising a daily dose of sea weed is 290 mg to 1.16 g, and where the measured amount comprising a daily dose of psyllium is 500 mg to 12 g.

7. A dietary supplement in accordance with Claim 6 where the sea

weed is irish moss.

8. A dietary supplement in accordance with Claim 2 further comprising an ingredient selected from the group consisting of vitamins, minerals, flavoring agents, pharmaceuticals and nutrients.

9. A dietary supplement in accordance with Claim 2 wherein the measured daily doses of sea weed and psyllium are not admixed with one another.

10. A dietary supplement in accordance with Claim 2 wherein the daily doses of sea weed and psyllium are admixed with one another to form a single composition.

11. A dietary supplement comprising in combination:

dried irish moss (*chondrus crispus*) in a measured amount of 58 mg to 4.6 g forming a daily dose for a human being, and

psyllium (*plantago ovata*, *plantago psyllium*) in a measured amount of 250 mg to 24 g forming a daily dose for the human being.

12. A dietary supplement in accordance with Claim 11 wherein the daily dose of dried irish moss is 145 mg to 2.32 g, and wherein the daily dose of psyllium is 250 mg to 16 g.

13. A dietary supplement in accordance with Claim 11 wherein the daily dose of dried irish moss is 290 mg to 1.16 g, and wherein the daily dose of psyllium is 500 mg to 12 g.

14. A dietary supplement in accordance with Claim 11 wherein the measured daily doses of sea weed and psyllium are not admixed with one another.

15. A dietary supplement in accordance with Claim 11 wherein the measured daily doses of sea weed and psyllium are admixed with one another.

16. A method of administering to a human being or to a domestic animal a dietary supplement comprising a combination of (1) a sea weed selected from the group consisting of Red seaweed (*Rhodophyceae*) of the *Solieriaceae*, *Gigartinaceae*, *Furcellariaceae*, *Phyllophoraceae*, *Hypneaceae*, *Rhabdoniaceae* and *Rhodophyllidaceae* families and irish moss (*chondrus crispus*), and

(2) psyllium (*plantago ovata*, *plantago psyllium*)

in a daily dose of 58 mg to 4.6 g of the sea weed and 250 mg to 24 g of psyllium, said combination being administered for the purpose of minimizing, after bowel movement, the amount of residual fecal matter in the perianal area of the human or of the domestic animal.

17. A method in accordance with Claim 16 wherein the daily dose of the sea weed is 145 mg to 2.32 g, and the daily dose of psyllium is 250 mg to 24 g.

18. A method in accordance with Claim 17 where the sea weed is irish moss.

19. A method in accordance with Claim 16 wherein the daily dose of the sea weed is 290 mg to 1.16 g, and the daily dose of psyllium is 500 mg to 12 g.

20. A method in accordance with Claim 19 where the sea weed is irish moss.

21. A method in accordance with Claim 16 wherein the dietary supplement is administered to a human being.

22. A method in accordance with Claim 16 wherein the dietary supplement is administered to a domestic animal.

23. A method in accordance with Claim 16 wherein the sea weed and psyllium are not admixed prior to administration to the human or

domestic animal.

24. A method in accordance with Claim 16 wherein the sea weed and psyllium are admixed prior to administration to the human or domestic animal.